

# Vuk'uzenzele

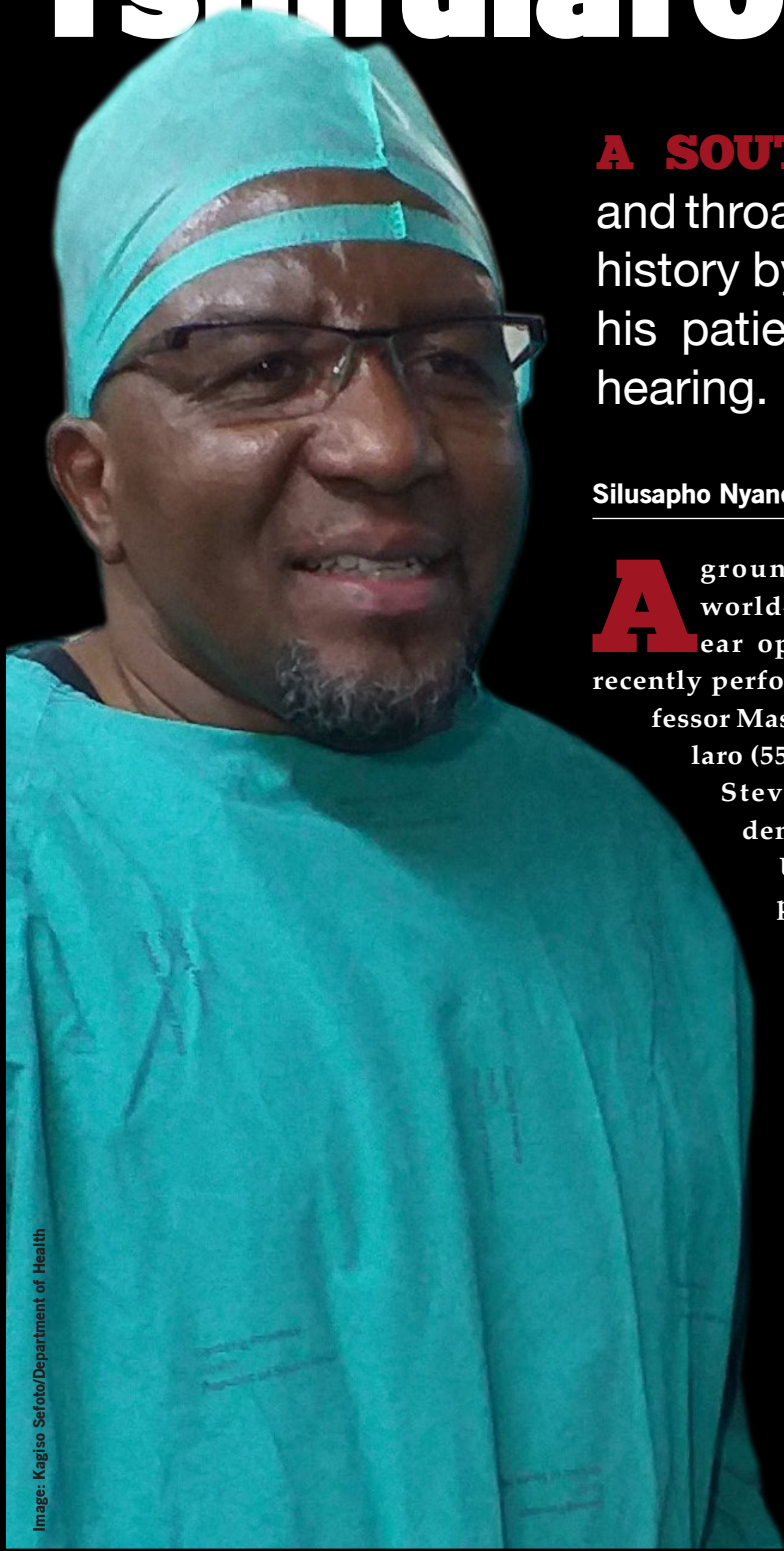


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## Halala! Prof Tshifularo Halala!



**A SOUTH AFRICAN** ear, nose and throat specialist has made world history by successfully operating on his patient's middle ear to restore hearing.

Silusapho Nyanda

**A** ground-breaking, world-first middle ear operation was recently performed by Professor Mashudu Tshifularo (55) at Pretoria's Steve Biko Academic Hospital. Using 3D printing technology, Prof Tshifularo and his team printed and replaced the middle ear's three bones in an operation that took three hours. "The desire to make a difference has always been in my heart. I have been

working on this project for the past 10 years. I started to get excited two years ago and went to the lab to work. The 3D technology is very exciting and has really changed the way we do things," he said.

Prof Tshifularo told *Vuk'uzenzele* that even though he faced some challenges during his research there was no turning back. "I would sleep thinking about it and wake up thinking about it. And, when I was busy, the ideas came and I would think 'Wow, this is it'. Then I would go back to the lab and try," he said.

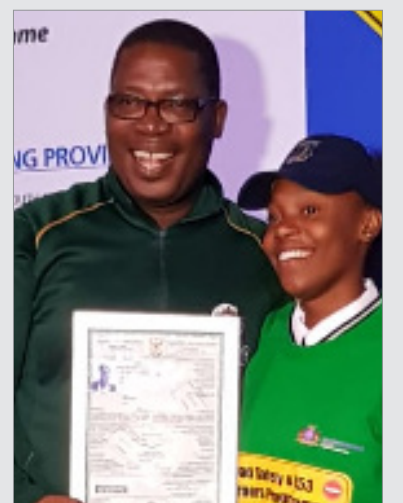
He did not fear that the operation would go wrong, due to his extensive training. Prof Tshifularo and his team removed the patient's three middle ear bones, which were broken in a car accident, and replaced them with the new

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**Teach children how to recycle**

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**Pupils a step closer to being licensed drivers**

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**Did you know?** THE 2019 ELECTIONS WILL BE HELD ON 8 MAY 2019



# Flamingo Project saves Cape cancer patients

Silusapho Nyanda

**T**he Flamingo Project is funding and helping breast and colorectal cancer patients at the Groote Schuur and Tygerberg hospitals to undergo life-saving operations.

Dr Liana Roodt, the head of the Flamingo Project, said that over 500 women in the Cape have already been able to have operations for breast cancer as a result of the project.

She explained that the project raises funds for those who cannot afford treatment costs and donates pamper packs to patients on the treatment list.

"To address the surgical backlog for breast cancer patients at these hospitals, we fund additional theatre time for these operations over weekends. We also coordinate



Doctors Liana Roodt and Kenward Chibuye from Groote Schuur Hospital operating on a cancer patient as part of the Flamingo Project.

surgical and anaesthetic volunteers to assist us to perform these additional surgeries.

"We also provide support

to newly diagnosed breast, ovarian, cervical and uterine cancer patients, by providing weekly pamper packs to them

at both hospitals," said Dr Roodt.

Whilst the Flamingo Project conducts the surgeries, it does

not decide who is eligible for treatment. "The hospitals decide which patients require surgery, which ensures that they remain in the system and complete the rest of their treatment. Surgery is only one aspect of the treatment plan to manage breast cancer," Dr Roodt explained.

The Flamingo Project was launched due to the long patient waiting lists at both hospitals.

The project also assists with the post-treatment process and provides support to the staff working with patients, in a resource-limited environment. "We have created a patient room, donated two ultrasound machines, host yearly staff wellness days and assist where we can with the running of the Groote Schuur Breast and Endocrine Surgical Unit," Dr Roodt confirmed. **V**

## Dikotsi tša kgatelelelo ya monagano baneng

**G**o ya ka dipego tšeo di golelago pele tša go ipolaya ga baswa ka Afrika Borwa – tšeo di bontšhitšego gore ngwana wa go ipolaya yo monnyanennyane o be a na le mengwaga ye seleda feela ka 2017 – go bohlokwa go batho ba bagolo go ithuta se sengwe le se sengwe ka kgatelelelo ya monagano le go kgona go e lemoga mo baneng.

Ka 2018 Mokgatlo wa tša Kgatelelelo ya Monagano le go Tlalelwa (SADAG), wo o amogelago megala ye makgologolo tšatši le lengwe le le lengwe, yeo e amanago le baswa le boitekanelo bja monagano, e begile gore 31.5% tša baswa bao ba lekago go ipolaya, di hloka tlhahlobo ya dingaka; 17.6% tša baswa di šetše di lekile go ipolaya; moithuti yo tee go ba bane ba yunibesithi o phekotšwe gore o na le kgatelelelo ya monagano; gomme batho ba go feta 20% bao ba nago le mengwaga ye

18 ba lekile go ipolaya gatee goba go feta.

Go ya le ka ba Mokgatlo wa Lefase wa tša Maphelo (WHO), seripagare sa mathata kamoka a monagano a thoma ge batho ba na le mengwaga ye 14, efela bontši bja mathata ga bo utollege ka fao ga bo alafiwe.

"Ke ka moo go lego bohlokwa gore batswadi, barutiši, borakgolo le bokoko, batho bao motho a ba ratago mmo go le badudi ka ditšhabeng tsa borena ba tsebe gore kgatelelelo ya monagano e kgona go ama le baswa," SADAG ya realo.

Go bohlokwa go tseba dika tša kgatelelelo ya monagano le go nyaka go ipolaya, mmogo le ka moo go ka humanwago thušo pele re ka šiiwa ke nako.

### Dika tša kgatelelelo ya monagano

Go ya le ka ngaka ya menagano, Ngaka Pralene Maharaj go tšwa Bookelong bja Menagano bja Sterkfontein ka Krugersdorp, bjoo bo welago ka

Lefapheng la Tša Maphelo ka Gauteng, dika tša gore ngwana o tshwenywa ke kgatelelelo ya monagano di fapana go ya le ka mengwaga ya bona le tlhabologo ya monagano.

Tše dingwe tša dika tšeo di lemošago ke go se sa kgatha tema dipapading tša sekolo tšeo ngwana a bego a ipshina ka tšona peleng, go sese-fala goba go nona, mathata a boroko, go se dire mešomo ya gae, go se sa kgatha tema ka phapošing sekelelong, go theoga ga dimaraka le go ba le bothata bja go se sa kgona go hlokomedišiša gabotse.

"Le ge go le bjalo, kgatelelelo ya monagano e boima go ka e bona baneng ka gore e kgona go ba bothata bjoo bo khutile-go. Go fa mohlala, mohlomongwe ngwana o na le bothata bja go ithuta gomme ebile ga a kgone go theeletša ka sekelelong. Go bohlokwa kudu gore bana ba humane phekelo ya maleba ba be ba hlahlobje ka moo go phethagetšego," a

realo.

### Go ipolaya ga baswa

SADAG e bona go oketšega ga mathata a bana le baswa bao ba nago le kgatelelelo ya monagano gomme ebile e amogela megala e mentšhi go tšwa baneng bao ba hlokago thušo, bao ba feletšwego ke kholofelo ebile ba nyaka go ipolaya.

Le ge bontši bja batho ba go ipolaya ba dira se ntle le go lemoša batho ba bangwe, bontši bja bona ga bo bjalo.

Tsela yeo e phethagetšego kudu ya go thibela go ipolaya ke go lemoga dika tša motho yoo a nyakago go ipolaya; tšeela dika tše hlogong gomme o tsebe gore o tlo šomana bjang le tšona.

### Dika tšeo di lego kotsi di akaretša:

- go leka go ipolaya goo go kilego gwa ba gona peleng
- go bolela ka lehu goba go ipolaya
- kgatelelelo ya monagano

- go fetoga ga mekgwa ya go robala
- go fetoga ga takatso ya dijo le boima bja mmele
- go bolela goba go sepela ka lebelo leo le sa tlwaelegago goba go nanya
- go lapa kudu le go hloka maatlala
- go ikwa okare ga o selo, go itshola goba go ipona molato
- go tlalelwa kudu, go hloediega goba go befelwa; le tšhomišompe ya diokobatši le/goba dinotagi. **V**

### Nka dira eng?

Kgatelelelo ya monagano baneng ke taba ye kgolo gomme go bohlokwa gore ngwana a lekolwe ka maleba. Etela kliniki ya tša boitekanelo bja monagano, bookelo goba ngaka ya kgauswi le wena ka pela ka moo go kgonegago. Gape o ka ikgokaganya le:

- Mogala wa thušo wa Cipla wa go šoma bošego le mosegare mo go: 0800 456 789.
- Mogala wa thušo wa SADAG go: 011 234 4837 goba Mogala wa Thušo wa bao ba lego Kotsing ya go ipolaya: go 0800 567 567.



# Maatla a go bala mmogo

Jauhara Khan

**M**otsebalegi wa thelebišene, Oprah Winfrey, o tllile ka mokgwamoswa wa go bala ka Amerika ge a be a thoma mokgatlo wa gawe wa go bala mengwageng ya bo-1990. Dipuku tšeo di lego lenaneong la gagwe la dipuku di rekišitšwe kudu ka nakwana ye nnyane gomme tša ba tša hlomamiša mešomo ya bangwadi ba bantši ba mmapaale. Mokgatlo o bile gape wa hlohletša batho lefaseng ka bophara go thoma mekgatlo ya bona ya dipuku le go thoma go ipshina ka go bala gape.

Ka Afrika Borwa, lesolo la bosetšhaba la go balela go ithabiša elego Nal'ibali, le na le mekgatlo ya go bala ya go feta 4 000 ya bana gomme ebile le hlahla batho le ditheo go ba le mekgatlo ya go bala ka ditšhabeng tša bobona.

Seboleledi sa Nal'ibali, Sally du Preez, o rile, "Me-

kgatlo ya go bala ke mafelo a boiketlo, ao a lokologilego moo elego gore bana ba ka ipshina ka dipuku, dikanegelo le dilwana tše dingwe tšeo di amanago le go bala bjalo ka dikoša le dipapadi tšeo di lego ka dipolelo tša bobona gape le ka English. Gore mekgatlo ye ya go bala e se we e thekgwa ka mekgwa ya go ruta basepediši ba mekgatlo, go e thekga ka didirišwa le go šoma mmogo."

Lesolo le le sepetša mekgatlong ya go bala ya go feta 4 000 ka diprofenseng ka moka tše senyane gomme le fihlelela bana ba go feta 120 000, gomme 84% tša mekgatlo ye di kopana bonnyane gatee ka beke. Mekgatlo ya go bala e fa bana dibaka tša ka mehla, tša go ipshina ka go ithuta, gwa realo du Preez.

O tlaleleditše ka gore batho ba go feta 22 000 ba hlahletšwe gore ba balele go ithabiša; bonnyane batho ba 8 959 ba be ba le gare ba sepetša goba ba ithaopa mekga-



a ya go bala, gomme ba 17 000 ba tsenetše netweke ya Nal'ibali yeo e nabilego ya barati le bathekgi ba tša go bala yeo e tsebjago bjalo ka "FUNda Leaders".

Du Preez o rile ba FUNda Leaders ba hlahlilwe gore ba rute boihlagišo, boitekodi le go nagana mmogo.

"Ge eba mešongwana yeo e lego mabapi le go bala e ka dipolelo tšeo bana ba sa

di kwešišego, gape ebile go šomišwa le mekgwa yeo e sa fihlelelegego goba e sa thabišego, gona tšeo ka moka di hloka mohola gomme le bana ba ka se di thabele. E ka ba ka mekgwa wa semmušo goba wo o sego wa semmušo, go bala go swanetše go kwešišege. Re tšeela se hlogong ge re hlahla batho ba bagolo ka ga go bala le go anega dikanegelo," a realo. **V**

## O ka thoma bjang mokgatlo wa go bala

1. Mema bagwera go tsenela mokgatlo. O ka mema batho ba bantši ka moo o nyakago, gomme o ka akaretša baagišani, bagwera le ba lapa.
2. Tšea sephetho sa gore o nyaka go ba le mokgatlo wa dipuku wa mohuta mang — naa le tla bala dipuku tša mohuta o itšego feela — go fa mohlala, dipuku tšeo di ngwadilwego ke bangwadi ba Afrika Borwa feela — goba dipuku tša go fapafapana?
3. Tšea sephetho wena le maloko a mokgatlo gore le yo swarela kae dikopano tša lena tša mokgatlo.
4. Rulaganya kopano ya pele mokgatlo o thoma gore le tšee sephetho sa gore ke puku efe yeo le tlo e balago pele le gore le tlo kopana gaka go e sekaseka.
5. Dira gore dikopano tša mekgatlo ya dipuku di thabiše di be di kgahliše ka go fetolafetola mafelo a dikopano, go hlama dikgwegwe le dipotšišo bakeng sa kopano ye nngwe le ye nngwe.

Ge eba o ka rata go tsenela netweke ya FUNda Leader ya Nal'ibali, gona o ka tsena go [www.nalibali.org](http://www.nalibali.org), go mobisaete — [www.nalibali.mobi](http://www.nalibali.mobi), goba o leletše senthara ya megala go 021 180 4080.

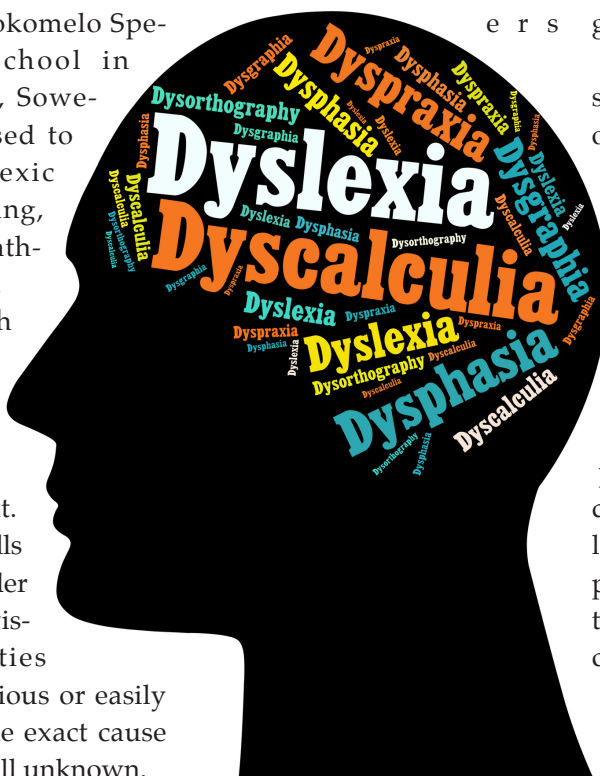
## New resources for dyslexic kids

**A PARTNERSHIP** between government, the MTN SA Foundation and Samsung is ensuring that dyslexic learners have access to better resources.

Silusapho Nyanda

**A** multimedia centre at Tlhokomelo Special School in Meadowlands, Soweto, is being used to develop dyslexic learners' reading, writing and mathematical skills.

People with dyslexia struggle to link letters to the sounds that the letters represent. The condition falls within the broader category of 'invisible' disabilities as it is not obvious or easily identifiable. The exact cause of dyslexia is still unknown.



The centre at Tlhokomelo uses modern technology to teach learners

how to read and formulate sentences. It has helped 133 learners to improve their grammatical skills.

"Since the programme started, we have seen a lot of improvement in counting, reading and writing. Some learners were very confused by numbers, but now they are interested in them," said Reuben Tshiswise, one of the school's teachers.

The programme uses computers to teach learners how to draw, sort colours and formulate and read sentences. "The programme develops their thinking skills," Tshiswise confirmed.

School principal Josh Maluleka explained that learners have pens which they

use to scroll sentences, which the computer then reads aloud. The school has 16 teachers who have been trained to use the system.

"The learners have shown a huge improvement as they progress into other classes," Maluleka said.

Social Development Deputy Minister Hendrietta Bogopane-Zulu attended the opening of the multimedia centre and said there was little understanding of dyslexia in South Africa.

"The need for the early identification and recognition of dyslexia in South Africa remains pressing as there is very little understanding and barely any intervention measures for dyslexic learners in our schools. Awareness of this

## DID YOU KNOW?

- Dyslexia affects about 10 percent of the population
- It is a language-based learning problem that makes writing, reading, spelling and the pronunciation of words difficult.

## What are the symptoms of dyslexia?

- Difficulty in reading aloud.
- Slow and labour-intensive reading and writing.
- Problems spelling.
- Avoiding activities that involve reading.
- Mispronouncing names or words, or problems retrieving words.

learning difficulty remains low across the country," said Deputy Minister Bogopane-Zulu. **V**